

# Kentucky Department of Education - Course Standards

## Course Standards for 2019-20 and Beyond

**Course Code: 340136**

**Course Name: 6<sup>th</sup> Grade Health Education**

**Grade level: 6**



**Upon course completion students should be able to:**

### Standards

#### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 6.1.1. Differentiate between proper use and abuse of prescription and over-the-counter medicines and distinguish between the benefits and consequences of using and not using alcohol and other drugs.
- 6.1.2. Explain the risks associated with using alcohol or other drugs and riding in a motor vehicle.
- 6.1.3. Explain why the recommended amount of food a person needs each day may be different for each food group and analyze the benefits of healthy eating.
- 6.1.4. Discuss how emotions change during adolescence and explain appropriate ways to express and respond to needs, wants, emotions and feelings.
- 6.1.5. Summarize the benefits of good hygiene practices.
- 6.1.6. Explain the difference between infectious, noninfectious, acute and chronic diseases.
- 6.1.7. Summarize actions to take to protect oneself against potential damage from exposure to the sun.
- 6.1.8. Explain the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health.
- 6.1.9. Describe conception and its relationship to the menstrual cycle and describe why sexual abstinence is the most effective risk avoidance method of protection from HIV, other STDs and pregnancy.
- 6.1.10. Describe short- and long- term physical effects of using tobacco.
- 6.1.11. Summarize the dangers of experimenting with tobacco products and the benefits of being tobacco-free.
- 6.1.12. Identify a variety of non-violent ways to respond to stress when angry or upset and explain why it is important to understand the perspective of others in resolving conflict situations nonviolently.
- 6.1.13. Describe how the presence of weapons increases the risk of serious violent injuries.

#### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 6.2.1. Describe how culture influences personal health decisions and behaviors.
- 6.2.2. Explore how sharing or posting personal information electronically on social media sites can negatively impact the health of self and others.

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## Standards

### Standard 3

Access valid information, products and services to enhance health.

- 6.3.1. Describe health-related situations that call for professional services.
- 6.3.2. Identify and determine the availability of valid and reliable personal health and wellness products.

### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 6.4.1. Describe effective verbal and nonverbal communication skills to enhance health and promote healthy behaviors/relationships.
- 6.4.2. Describe how to ask for assistance to enhance the health of self and others.
- 6.4.3. Explain how refusal and negotiation skills are used to avoid or reduce health risks.
- 6.4.4. Explain effective conflict management and/or resolution strategies.

### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 6.5.1. Recognize healthy options when making a decision about health-related issues or problems.
- 6.5.2. Describe how to use a decision-making process to avoid harmful behaviors.
- 6.5.3. Describe how a decision-making process is used to enhance or establish healthy behaviors and relationships.

### Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 6.6.1. Identify strategies and skills needed to attain personal health goals.
- 6.6.2. Recognize how personal health goals can vary with changing abilities, priorities and responsibilities.
- 6.6.3. Assess personal health practices and create a goal to maintain or improve personal health practices.

### Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 6.7.1. Recognize positive health and wellness-related behaviors.
- 6.7.2. Summarize personal health practices and behaviors to improve the health and wellness of self and others.

### Standard 8

Advocate for personal, family and community health.

- 6.8.1. State a health-enhancing position, supported with accurate information, to improve the personal health and wellness of others.
- 6.8.2. Describe how to influence and support others to make positive behavior choices to improve personal health and wellness.